

Serial No.10/17,411

Listing of Claims:

Claim 1 (currently amended) Adjustable lifting apparatus, comprising, in combination,

- a) a base,
- b) multiple cords ~~connected~~ retained relative to the base,
- c) a mover ~~on a slide~~ positioned to the moved along a guided path in response to force exertion by the user's arms or legs,
- d) a connection or connections for operative connection between the mover and one or more of the cords,
- e) and means whereby one or more of the connections may be relatively shiftably detached from said operative connection between the mover and one or more of the cords.

2. (original) The combination of claim 1 including weights connectible to said mover.

3. (original) The combination of claim 2 including a connector receiving weight imposed by said weights, and having releasable connection to said mover.

Serial No.10/617,411

4. (original) The combination of claim 2 wherein said cords selectively and individually have releasable connection to said mover.

5. (currently amended) The combination of claim 3 wherein said cords selectively and individually have slidably releasable connection or connections to said mover.

6. (currently amended) The combination of claim 4 wherein said releasable connection or connections includes pin and socket connections of said cords to said mover.

7. (currently amended) The combination of claim 4 wherein said releasable connection or connections include rings connected to said cords, and a lateral projection on said mover onto which said rings are selectively slidably transferable.

8. (original) The combination of claim 1 including a user's foot pusher associated with said mover.

9. (original) The combination of claim 8 including a weight or weights associated with said mover to be pushed in a lifting direction by the pusher.

Serial No.10/617,411

10. (original) The combination of claim 9 wherein said mover has a first path of movement which extends upwardly, and at an angle from vertical.

11. (original) The combination of claim 10 wherein said angle from vertical is between 30° and 75°.

12. (original) The combination of claim 10 wherein said cords have attachment to slide apparatus, the attachment to be selectively displaced along a second path in a direction generally parallel to said path of movement.

13. (original) The combination of claim 12 wherein said second path of movement is beneath the level of said first path of movement.

14. (currently amended) The combination of claim 1, wherein Lifting apparatus, comprising
a) ~~a base,~~
b) ~~multiple cords connected to the base,~~
c) ~~a mover to be moved in response to~~
~~force exertion by the user's arms or legs,~~
d) ~~weights movable with the mover,~~

Serial No.10/617,411

e+ f) the cords selectively and individually having releasable connection to the mover, said releasable connections including rings connected to the cords, and a first lateral ~~connection~~ projection on the mover onto which the rings are selectively transferable.

15. (currently amended) The apparatus of claim 14 including a frame and a second lateral projection carried by the frame for storing cord rings ~~not~~ not transferred to the first lateral projection.

Claim 16 (new) Adjustable lifting apparatus, comprising, in combination,

- a) a base,
- b) multiple cords connected to the base,
- c) a mover on a slide to the moved along a path in response to force exertion by the user's arms or legs,
- d) a connection or connections between the mover and one or more of the cords,
- e) the cords relatively and individually having releasable connection to the mover, said releasable connections including rings connected to the cords, and a

Serial No.10/617,411

first lateral projection on the mover onto which the rings are selectively transferable,

f) and including a frame and a second lateral projection carried by the frame for storing cord rings not transferred to the first lateral projection.

Claim 17 (new) The combination of claim 1 wherein said e) means includes:

- x₁) first means associated with the mover to receive a selected connection or connections,
- x₂) second means for shiftably receiving a non-selected connection or connections, apart from the mover.